



- A. Hips and knees at right angles: bent knee supported as directed.
- B. Lengthen straight leg long and flat down as you relax;
- C. As body softens, lengthen bent knee thigh away from hip joint allowing face of pelvis to approach the floor.
- D. Repeat for _____ minutes _____ times per day.
- E. Reconnect with: Both R L hip.